

Feelings Are Not Facts

CBT Tools

*“No hurt survives for long without our help,”
She said and then she kissed me and sent me out to play again
for the rest of my life.*

Brian Andreas

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This material is a work in progress and has not been professionally edited. You will find typos and formatting imperfections. My goal is to share these self-help tools free of cost as quickly as possible.

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Disclaimer: This material is not a substitute for a medical or psychiatric evaluation or treatment. This information is designed to complement medical treatment. Some symptoms require medication to stabilize brain functioning or detox from addictions before CBT may be effective. Feel free to take this material with you to your health care provider as you discuss options for managing your emotions, understanding your choices and coping with stress. If you or a loved one experience a medical/psychiatric emergency, please call 911 or report to your nearest emergency room immediately.

Taking Responsibility: CBT Tool #1

Cognitive Behavioral Therapy teaches you to become aware of & take responsibility for your thoughts, emotions and actions.

- **Emotional Intelligence** reflects your ability to accurately identify your emotions.
- **Emotional Self-Regulation** refers to the ability to manage your emotions— calm yourself down and cheer yourself up. The key to managing your emotions is to learn to align your thoughts and actions with your goals/values.

You may not always choose what happens to you (criticism, injustice, betrayal, hardship, crime, violence, accidents/injury or loss) **And you may not always choose how you feel** (fearful, angry, guilty, sad, insecure or lonely) **but you always choose your response.**

Stimulus: Anything inside or outside of your body that triggers your response.

Acknowledge what is happening inside of your body and all around you.

Internal = your own feelings & thoughts: everything inside of your body

External = Everything outside of your body: other people & events

Examples:

Internal:

Anxiety/worry/fear
 Depression/loss/grief
 Anger/resentment/blame
 Guilt/shame/loneliness
 Inferiority/insecurity/jealousy
 Boredom/stagnation

External:

Change/challenges
 Responsibility/Schedules
 Stress: family/school/work
 Dating/marriage/parenting
 Conflict/arguments
 Injustice/unfairness/betrayal
 Bullying/intimidation
 Accidents /Injury/Illness
 Divorce
 Crime/Violence
 Death

You have A choice

“Responsible” means: You are ABLE to CHOOSE Your Response.

What is your intention?

Response

You can’t control the stimulus, but you can choose what happens next. ..You choose your response.

Now what? What is your intention?

Fight: Stuck in Blame/Anger/Rage

Feeling stuck in blame, anger, and resentment. “They are the problem!”
 Waiting for the “stimulus” to change.

Flight: Avoid/Deny/Escape with bad habits and self-defeating behaviors;

Quick fixes/denial & avoidance **Excessive** social media, working, eating, cleaning, spending, clutter, gambling, porn, addictions of all kinds. **Unhealthy relationships**— (obsessing about other people) gossip, affairs, domestic violence,

Freeze: Wounded/Victim/Martyr

Feeling stuck, helpless, inferior, worried and afraid. Waiting to be rescued, helped or saved.

Choose Dignity & Self-Respect:

Be the best version of yourself by Aligning thoughts & actions with your values— be the role model.

- **Breathe** (Fear holds your breath)
- **Reframe** (Challenge unhelpful thoughts)
- **Embrace emotions** (Feelings aren’t facts. Observe emotions curiously)
- **Align choices with logic and values**
- **Talk to yourself as you would a beloved**
- **Healthy role modeling, choose dignity**
- **Every challenge brings opportunities**

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor Emil Frankl, M.D., Ph.D. (26 March 1905 – 2 September 1997) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor and author of *Man's Search for Meaning*

Stimulus → Choice → Response

What does this actually mean and how does it apply to you? Let's take a few moments to process the information on the previous page.

Have you worried about what other people will think?

Ever felt too afraid to address conflict?

What is the best way to stop worrying and to start addressing conflict?

How do you heal the thought that you “are not good enough”?

How can you cope with feelings of anger, jealousy or betrayal?

What is the right way to think, feel or act when someone disrespects you?

How do you trust and love again after a broken heart?

If you have always thought this way, how do you choose differently now?

Stimulus: Notice the left column depicted on the previous page. **Stimulus refers to everything inside and outside of your body.** The stimulus is what triggers your response.

Internal stimulus refers to everything happening inside your body automatically: thoughts, emotions and physical bodily sensations. Everything listed in the stimulus column is *out of your control*. You don't get to choose the automatic thoughts and emotions that pop into your awareness—those are controlled by the limbic system. The limbic system functions without your consent. The hair will stand up on the back of your neck whether you want it to or not. Your pulse rate increases without consulting you. You have no control over the irrational, emotional or judgmental thoughts that spontaneously pop into your head. Just because a thought pops in, doesn't mean your thought is true.

External stimulus refers to everything outside of your body including other people's thoughts, emotions and actions, and literally everything else. You have no control over what other people think, act or do. When an external stimulus such as a rude person, a challenging task or stressful event triggers your uncomfortable thoughts and emotions, it is easy to believe that those thoughts and feelings are facts. If you *feel* like a failure, then in your mind, it must be true. But the truth is that someone's rudeness represents his or her social skills, it is not about you. Mistakes are human. Everyone faces life-challenging events. Just because you “*feel*” inferior, defeated or alone, does not mean that it is true.

Thoughts are not truths. Feelings are not facts.

Notice the “**Response**” column on the right, depicted on the previous page. **Responsible means response + able, you are able to choose your response.** Becoming aware of your thoughts and emotions creates choices. Your brain's frontal lobe allows logic and reason to transform emotions into insight. You may choose how you wish to respond to the awareness of your thoughts and emotions. Not all choices are healthy. Responses such as fight (anger, blame, resentment), flight (avoid, escape and denial) and freeze (wounded victim) may cause problems. A healthy coping response to emotional triggers, also known as *emotional self-regulation*, requires that you pause long enough to think rationally before you react. Once you focus on taking responsibility for how to respond to your own emotions and thoughts, you may choose to align your response with *your values*. Emotional self-regulation refers to the ability to calm yourself down and cheer yourself up. It is the ability to use your emotions wisely.

Response-able Worksheet Taking Responsibility Tool # 1 Practice Worksheet

Now it is your turn to practice noticing your thoughts and feelings. Take a moment to connect them with the people, places and things that have triggered them. Your “acknowledge stimulus” column below refers to your first awareness, your spontaneous thoughts, feelings and bodily sensations. This column is not your choice—it is automatic and involuntary. Thoughts and emotions simply appear like spam in your email. Once you are aware of them however, then you do have control. You take control by observing and making choices. You can edit, re-write or delete it. You are in charge of the response column through your power to choose.

Acknowledge Stimulus

Internal stimulus = within your body: your own feelings & thoughts

List your thoughts, emotions and bodily sensations here:

External stimulus = other people & events (everything outside your body)

List your life events, challenges and stressful situations here:

You have
A
choice

Responsible means:
You are
ABLE to CHOOSE Your Response.

What is your intention?

Response

Once you acknowledge your thoughts and feelings & know what triggered them, now what?
What is your intention?

- (Fight) Do you want to blame others for *your* thoughts and feelings? Remain stuck in feeling angry, resentful? Pointing fingers outward—demanding others change?
- (Freeze) Do you want to remain helpless and hopeless with victim thinking? Self-pity? Self-loathing, or martyrdom? “Not good enough”-Focusing on worry, fear -- waiting to be helped, saved, rescued?
- (Flight) Do you want to avoid, escape and deny the pain? Use stress, blame and low self-esteem to excuse your bad habits and unhealthy lifestyle? (work-aholism, emotional eating/ partying/ spending, clutter, tantrums, problem relationships.)

- Do you want to Problem solve? Cope? Maintain your dignity by becoming a positive role model?

Write your intention here:

CBT Tool #2 Feelings are not Facts

Identifying Cognitive Distortions

**Just because you *think* something, (example: “I’m stupid”) doesn’t make it true.
Just because you *feel* something (example: feel like a failure) doesn’t make it factual.**

Cognitive means thoughts. *Distortion* refers to twisted, not normal. The term *cognitive distortions* refers to *thoughts* that are *not true*, are twisted or false. Your distorted thoughts will *feel real*. The human body is designed to connect thoughts and emotions—regardless of whether or not those thoughts are true.

If you imagine a chain saw murderer outside your window—the goosebumps on your arm are real. When your mind creates a love affair with your favorite movie star, your tingling sensations are real.

**Emotional signals in your body are not proof that the thoughts
causing the sensations are true.**

The children’s story featuring Chicken Little provides a nice example of a cognitive distortion. When an acorn fell on Chicken Little’s head, the startled and frightened chick *exaggerated, assumed* and quickly *jumped to a conclusion* that predicted doom and gloom by crying out “*the sky is falling, the sky is falling?!*” Chicken Little believed the sky was falling. That was not a lie. That was a *thought distortion*. Just as in the story of Chicken Little, your distorted thoughts create a story that you made up in your head.

Thoughts and feelings do not always mean something is true or real.

Reality checks help transform exaggerated, distorted and pessimistic emotional reactions into more realistic, grounded and solution-focused actions. Take a moment to reflect on the situations or events that routinely trigger your most distressing emotional reactions.

- What sets off your distress?
- What triggers your guilt, insecurity, doubt, worry or depression?
- When do you feel jealous, irritated, annoyed or angry?

True versus distorted thoughts: Evaluate whether or not your emotions are triggered by thoughts related to real, factual and measurable events. (*Examples: Divorce papers served, medical results conclusive, pink slip received, or employee evaluation documented.*) Notice when your emotions are triggered by assumptions, exaggerations or by time-travel “what if” worries about future events that may or may not occur. (*What if they don’t like me? What if I mess up? What if I get sick? I am afraid I will never be good enough to...*)

If your thoughts and emotions are not based on present reality, you have created a *cognitive distortion*. False beliefs are called *distorted thoughts*. *David Burns MD identified common thought distortions. Take your own inventory on the next page to see how many thought distortions cause you stress.

Tool # 2 Feelings are not Facts —Distorted Thoughts Worksheet

Adapted from David Burns M.D. Cognitive Distortions Chek out his website for tools and resources at www.feelinggood.com.

Distorted thoughts often originate from your “fight, flight or freeze” response to stress. These thoughts are not smart, not connected with your logic or reasoning centers of the brain. Distorted thoughts do not reflect your values or best life. Check the items below to identify patterns in your thinking that may be exaggerated, distorted, twisted and therefore, untrue.

- 1. Filtering.** Magnify the negative, filter out the positive. *One criticism overshadows 100 compliments. Noticing the mistakes but not highlighting the accuracy. This thought leads to never good enough.*
- 2. Polarized Thinking (or “Black and White” or “All or Nothing” thinking).** No middle ground. When your performance falls short of perfect, you see yourself as a total failure. *You give 100% or you give up. Change everything or change nothing. Life and relationships vacillate between “best ever, worse ever.” This thought process is common in child and adolescent brain development but considered a distortion in adult minds.*
- 3. Overgeneralization.** If something bad happens only once, you expect it to happen over and over again. *Experience one defeat, believe you will always lose. One difficult relationship means all relationships are destined to fail. One bad apple, the whole bunch spoiled.*
- 4. Jumping to Conclusions.** Assumptions without facts. This may also include mind reading. *“Boss did not respond to my email, I am afraid I will get fired, or she thinks my work is substandard.” “I have a headache, it could be cancer.”*
- 5. Catastrophizing. Expect disaster:** *“Boss did not respond to my email, I am sure that I will be fired!” “I have a headache, this must be cancer!”*
- 6. Personalization.** Everything others do or say is about you. *“If he loved me, he would not do that.” “She is only doing that to upset me” “I am responsible for how other people feel.”*
- 7. Blaming.** Holding other people responsible for causing your feelings or actions.
- 8. Shoulds.** Using “should” to motivate with punishment or criticism, creating guilt and shame. *“I should have known better”, “You should have known better.”*
- 9. Emotional Reasoning.** You feel it, therefore it must be true. *“If I feel lonely, then nobody loves me. “If I feel insecure, that’s proof that I am not good enough.”*
- 10. Change Fallacy.** You expect that other people will change to suit you if you just pressure them, love them or fix them. *“If I complain enough, or nag enough...they will change.” “ If I can love them enough, they will no longer be addicted to”*
- 11. Always Being Right.** Being right is more important than being kind. Would rather win an argument than mend the relationship, build intimacy or acknowledge feelings.

Not sure if your thoughts are distorted? Ask yourself these questions:

1. What is actually true right now? (*Example: measurable or observable facts in current time.*)
2. How would you view this situation if it were happening to your friend?
3. How would you advise someone else who was experiencing a situation such as this?
4. What is your intention, goal or desired outcome?
5. How could you cope and problem-solve to become a role model in this situation?

CBT Tool #3: Cognitive Reframing

Combat your distorted thoughts with cognitive reframing tools

“It’s hard to fight an enemy who has outposts in your head” Sally Kempton

Now that you have identified your distorted thoughts—now what? The main power tool for healing those distorted, painful thoughts and the emotions they trigger is called *cognitive reframing*. Cognitive reframing requires you to *challenge* those untrue, exaggerated and distorted thoughts by *changing them* into more helpful and useful thoughts. Cognitive reframing is editing or re-writing the story you make up in your head. As the author, you are in charge. You have all the editing powers.

Practice problem-solving rather than distorting, blaming or complaining.

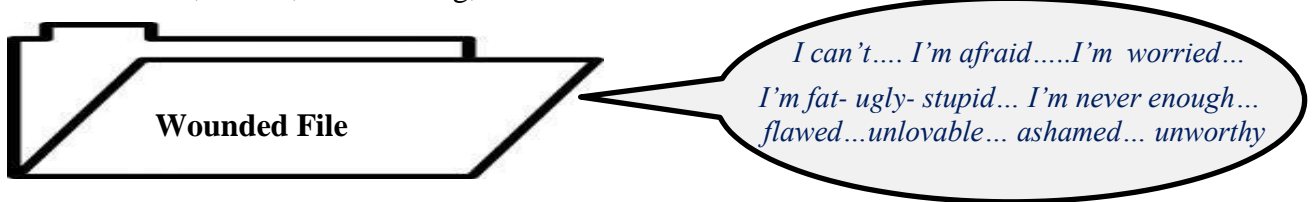
Your cognitive reframing tool is quite simple: **You coach yourself through stress, emotional pain and life’s difficulties with exactly the same wisdom and compassion that you use to coach your friends and your loved ones.** Your self-coaching will follow the three steps of emotional healing:

1. **Acknowledge** your thoughts and emotions (aka your internal stimulus).
2. **Learn** to respond to your distorted thoughts and unhealthy behaviors with healthier, more goal directed and positive choices.
3. **Let go** of old habits by practicing them with your new responses until these coping tools become part of who you are.

1. Acknowledge: Observe your own emotions, thoughts & problems. You can only fix what you are aware of. Let yourself become fully aware of ALL OF YOUR THOUGHTS. *Yes, even those negative, fearful, angry and uncomfortable thoughts.* Think of your brain as a computer, then observe what thoughts and images show up on your monitor. Your negative, painful, uncomfortable thoughts are stored in a file within your computer brain. Let’s name this file your **wounded file**.

Your Wounded File

Your wounded file functions like a virus in your computer brain. This file spreads destructive coding that messes up your mood, sabotages healthy behavior, and undermines your success. The file is filled with self-doubt, guilt, fear, grief, jealousy, insecurity, anger, feelings of unworthiness, shame, self-loathing, self-destruction and trauma.



***Wait—What?!!!:** “I understand the concept of negative-distorted thoughts polluting my brain and causing problems in my life, but how do I delete my wounded file when I have been thinking those distorted thoughts my whole life?”* *Jessica*

Answer: Struggling with change is normal. It is easier to repeat familiar, negative thoughts and behaviors than it is to challenge or change them. But just because something is easy or familiar, does not make it right. Just because you have thought something your whole life does not mean it is right to believe it your whole life plus one more day. **Cognitive reframing requires that you believe in the changes you are about to make. Change is successful when you believe it’s the right thing to do.** Ask yourself if you believe that you are right to repeat those negative, pessimistic thoughts. What type of role model do you want to be?

Try this: Focus on the word in the box below. What’s wrong? What’s missing?

BEFOR

If you answered, “*The word in the box is missing the letter e*”, you are correct. Now what if, in response to your correction, I say “*But that’s how I spell it! I have never added an e. It’s hard to start spelling it differently after all these years!*”

You might say, “*I am sorry, but the fact is that “before” really does end in “e”. Just because you have spelled it incorrectly your whole life, does not change the fact that the correct spelling ends with an “e”.*”

Remember, reframing your thoughts requires editing., and you are the editor! If your whole life you thought it was okay to tell yourself that you are “*stupid, fat, ugly, lazy, or not good enough*” ... this history does not make your thoughts correct or healthy. Just because you “*always did it*” does not mean it is true or the right thing to do. Editing takes time. It is hard work. It is easier *not* to make corrections. Once you acknowledge that you need a correction, do you still make excuses for repeating the error?

Before, when your thoughts were negative and pessimistic, you did not know better. You habitually filed damaging materials into your wounded file. The truth is, today you do know better.

Today you understand that you have a right and a responsibility to edit, reframe or delete the negative thoughts and actions interfering with your goals, your dreams and your spirit. As a child, you did not have a choice. As an adult, you are responsible for whether or not you clear up your wounded file. Editing and reframing your wounded file allows you to become a positive role model. What happened *before* today is not the point. Now you have a new opportunity... if you decide to take it. I am not asking you to live in denial about your past or about what you used to think, do or say. But I do invite you to consider this:

“Positive Denial: I don’t deny what happened. I simply deny its power over me today.”
Marianne Williamson

Are you ready to edit, reframe or even delete your wounded file? Action speaks louder than words. Let’s do an exercise that walks you through the steps of acknowledging, then challenging and reframing those negative thoughts such as guilt, fear, anger, jealousy, insecurity, regret and self-loathing.

CBT Tool #3: Cognitive Reframing Self-talk Ladder Worksheet

A CBT tool for transforming your thoughts

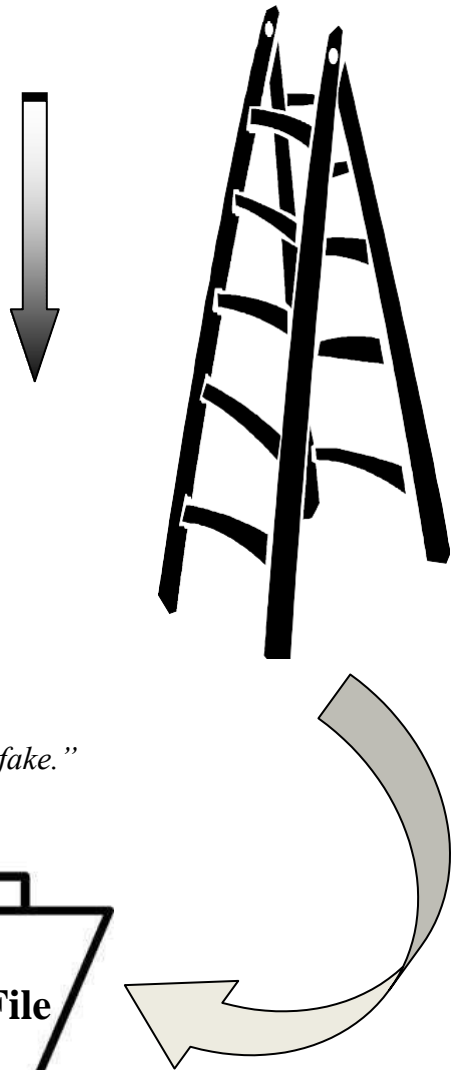
Step 1. Acknowledge.

1. Turn your attention inward. Imagine each of your thoughts as a rung on a ladder.
2. Observe each thought carefully. Your negative, self-defeating thoughts move down the ladder.
3. Notice how your thoughts impact your emotions. Notice your body response to thoughts.

Your negative thoughts pull you downward like the rungs on a ladder descending into your emotionally wounded file.

What’s in your file? Check which thoughts below sound or feel familiar to you.

- “I will never be good enough.”
- “I worry that I am not like others, I don’t fit in.”
- “I’m fat, ugly and stupid.”
- “I’m too old and too tired to change.”
- “No one will ever love me.”
- “I’m stuck.”
- “I’m afraid they wouldn’t like me.”
- “No matter what I try, things never work out.”
- “I am always worried about what they think.”
- “I can’t forget and move on.”
- “Mistakes are unacceptable, I must be perfect.”
- “I can’t trust anyone.”
- “Why bother? What’s the point?”
- “I’m afraid they’ll find out that I am an imposter, a fake.”
- “I’m a failure.”
- “I hate my life.”
- “I’m not worthy.”
- “I feel guilty.”
- “I hate myself.”
- Add a few of your own:
- _____
- _____
- _____
- _____



Thoughts, like ladders, move up or down. Your choice.

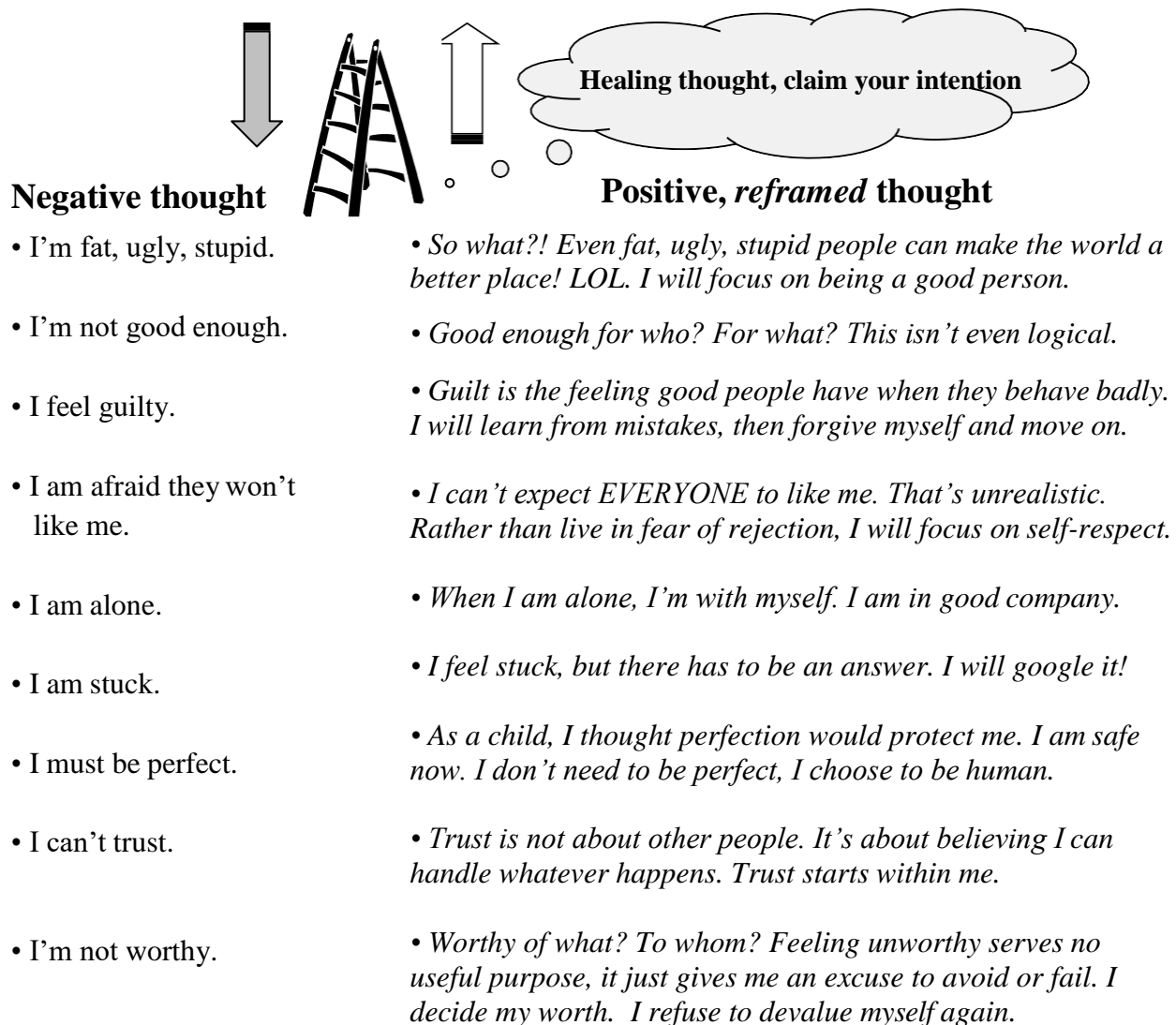
As you imagine your thoughts as rungs on a ladder, the positive thoughts lead up the ladder, away from your wounded file. Positive thoughts bring hope, optimism and healing. Positive thoughts help you cope, problem-solve and maintain your dignity. You can choose to transform your negative thoughts into healing thoughts with your *cognitive reframing tool*. **Speak to yourself with that same wise and compassionate voice that you use when advising, counseling and coaching your loved ones.** Use the steps below to coach yourself.

Step 2. Learn: Challenge and reframe your negative thoughts:

1. Reality check: Is this thought true? Challenge your thought. This may be a lie that you have been telling yourself. Investigate, research and fact check. Just because you think it, doesn't make it true.

2. What is your intention? Does this thought serve any positive function? Take responsibility.

3. Reframe: Respond to your negative thought as you would when comforting a friend or a beloved. The success of your reframing will be evident in your improved mood, attitude and outlook. **Successfully reframed thoughts allow you to live the advice you give others.**

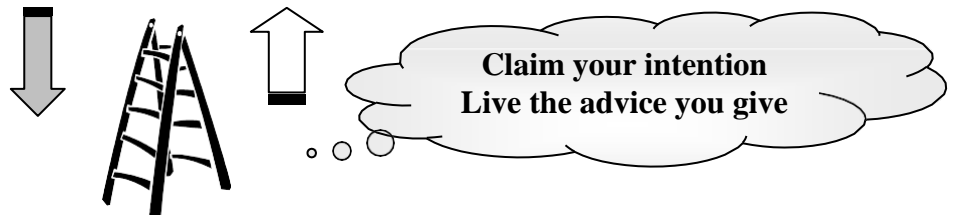


CBT Tool #3: Cognitive Reframing Self-talk Ladder Practice Worksheet

Your turn: Speak to yourself with that same wise and compassionate voice that you use when advising, counseling and coaching your loved ones. Practice the steps below to coach yourself.

Challenge and reframe your negative thoughts:

1. **List** your negative, distorted and unhelpful thoughts in the left column below.
2. After listing all of the thoughts, review your list by asking the following questions:
 - ✓ **Is it true?** Challenge the thought. Check your thought distortion list.
 - ✓ **What is your intention?** Does this thought have any positive function?
3. **Reframe:** Respond to your negative thought as you would when comforting or coaching a friend or a beloved. The success of your reframing will be evident in your improved mood, attitude and outlook. **Successfully reframed thoughts allow you to live the advice you others.** Use the column on the right to practice your positive reframing.



Negative thought:

Positive reframed thought:

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Tool #4 CBT Resources to assist your daily practice.

Below are resources to complete your coping skills tool kit. Whether you choose to practice a daily self-compassion meditation, watch inspiring videos or read inspirational self-help books, the resources below help you immerse yourself into the work of CBT reframing both thoughts and actions.

For links to more videos, free worksheets and even a complimentary copy of my 11-week CBT workbook, visit www.TelkaArend-Ritter.com

Enjoy!

Resource # 1. Guided meditation

How Might Your Life Be Different.....

How might your life be different if,
as a very small child, you heard a soft whisper every night,
“You are lovable and smart. You are beautiful and strong.”
And when you felt sad the whisper said to you,
“Tears are healing, let them flow, let them all out.”

And how might your life be different if,
as a teen, you heard that whisper each and every day:
“You can do anything!”
“I am always here for you.”
And when you felt doubtful, the whisper said,
“Your answers lie within. Trust the life lessons. Believe in yourself.”

And how might your life be different if,
as an adult, you continue to hear those loving, encouraging whispers.
The whispers begin in your heart and sing love songs in your head.
“You are loved.”
“You are enough.”
“There is nothing to fear.”
“You are never alone.”

And what if those loving, encouraging whispers
originated from within you?
How might your life be different?

Adapted from ideas inspired by Judith Duerk, *Circle of Stones: Woman's Journey to Herself*, Innisfree Press: 1989.

2. Video links to prepare your mind for new ways to think:

1. What is CBT? (3 min video) <https://youtu.be/0ViaCs0k2jM>
2. Brene Brown PhD studies The Power of Vulnerability, Courage, Authenticity, and Shame. (20 min) http://www.ted.com/talks/brene_brown_on_vulnerability.html
3. “Everything I Needed to Know I Learned in a Mental Hospital” Tedx talk by Glennon Doyle Melton for (17 min) <https://youtu.be/NHHPNMIK-fY>

4. Kelly Mcgonigal: How to Make Stress Your Friend:14min
http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html

5. How to get unstuck (in the negatives |(10 min) <https://youtu.be/7XFLTDQ4JMk>

6. Happy Brain: How to Overcome Our Neural Predispositions to Suffering | Amit Sood, MD | TEDxUNI *Author of The Mayo Clinic Guide to Stress-Free Living* - 2015 18 min
<https://youtu.be/KZIGekgoaz4>

Assertiveness and effective communication/self-esteem videos:

1. Ash Beckham offers a fresh approach to empathy and openness. (9 min)
https://www.ted.com/talks/ash_beacham_we_re_all_hiding_something_let_s_find_the_courage_to_open_up

2. Amy Cuddy shows how “power posing” -- can affect testosterone and cortisol levels in the brain, and might even have an impact on our chances for success. (21 min)
http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are.html

3. What we need to teach our sons: changing how we role model emotions (11 min)
http://www.ted.com/talks/tony_porter_a_call_to_men?language=en

4. Shane Koyczan: "To This Day" ... for the bullied and beautiful (12 minute video)
http://www.ted.com/talks/shane_koyczan_to_this_day_for_the_bullied_and_beautiful.html

Videos to help with understanding emotions:

1. Referencing the movie “Inside Out,” this video explains how embracing uncomfortable emotions rather than avoiding, shaming or fearing them, is the healthy way to cope with moods. (6 min) https://youtu.be/tNsTy-j_sQs

2.Rethinking anxiety: Learning to face fear | [Dawn Huebner](#) | 2015 TEDx(18min)
<https://youtu.be/jryCoo0BrRk>

3. Jia Jiang: What I learned from 100 days of rejection (16 min) <https://go.ted.com/CyTH>

4. 100 days without fear:. | Michelle Poler | TEDxHouston.(2015) 15 min
<https://youtu.be/2dbNRGiqaaM>

5 Teach girls bravery, not perfection (13 min)
http://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection

6. TEDxWaiakea-Michael Benner- Why Emotional Quotient (EQ) is More Important Than IQ (14min)
https://youtu.be/rpazb_SwglU

7. Understand YOURSELF: Feelings are what we have the most of and know the least about; handle them or they will handle you (18 min) <https://youtu.be/JD4O7ama3o8>

8. 4 Ways to Stop an Anxiety Spiral | SuperSoul Sunday | Oprah Winfrey Network (4 min)
<https://youtu.be/-YB9eJjBtkE>

Relationship videos

1. What 4 behaviors could ruin your relationships? [Gottmans 4 behaviors that sabotage a relationship \(2 min\)](#)
2. Dr John Gottman making your marriage work (47 min) - <https://youtu.be/AKTyPgwfPgg>
3. Bruce Feiler is the author of "The Secrets of Happy Families," offers this Ted Talk about Agile programming -- for your family (18 min) <http://go.ted.com/OTxLvA>
4. Brene Brown the Anatomy of Trust (24 min) <http://www.supersoul.tv/supersoul-sessions/the-anatomy-of-trust> Books: Brown, B (Aug 2015) *Rising Strong*, She also wrote: *Gift of Imperfection* and *Daring Greatly*—all good books.
5. The person you really need to marry | Tracy McMillan (14 min)
http://www.youtube.com/watch?v=P3fIZuW9P_M&sns=em

Conflict/ Career Issues videos

1. In every workplace, there are three basic kinds of people: givers, takers and matchers. Organizational psychologist Adam Grant offers simple strategies to address this issue
http://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker?utm_source=tedcomshare&utm_medium=referral&utm_campaign=tedsread

If you like Adam Grant and are interested in best work life practices, check out his podcast series through TED.com podcasts: <https://www.ted.com/series/worklife-with-adam-grant>

2. Workplace culture: (16:39) http://www.ted.com/talks/david_logan_on_tribal_leadership?language=en

Overcoming hardship

1. The Secret of Becoming Mentally Strong | Amy Morin | TEDxOcala (15 min)
<https://www.youtube.com/watch?v=TFbv757kup4>
2. Andrew Solomon: How the worst moments in our lives make us who we are (21 min)
<http://go.ted.com/Y9vkag>
3. Oprah's SuperSoul Conversations - Pema Chödrön: Dealing with Difficult Times (39 min)
<https://youtu.be/qo2bHfCGDUQ>

Recommended Reading:

Brown, B (Aug 2015) *Rising Strong*, She also wrote: *Gift of Imperfection* and *Daring Greatly*—

[Gillihan, Seth PhD \(2016\) Retrain Your Brain, cognitive behavioral therapy in 7 weeks.](#)

Gottman J. May 5, 2015 [The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert](#)

Greenwood E. (2018) Simple way to understand emotion: [My Mixed Emotions. Help your kids handle their feelings](#)

[Hollis, R. \(2018\) Girl Wash Your Face](#)